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October 2025

Wegmans

Feel Your Best

seafood made easy

inside

Perfect pasta

Explore the vegetarian diet

Breast cancer awareness

[healthy pick]

pumpkin

Did you know?

Pumpkin seeds offer many important nutrients including copper, iron, magnesium, phosphorous, potassium, and omega 3s. For a healthy snack, toast rinsed, lightly oiled pumpkin seeds for about 30 minutes at 325° or until lightly browned (stirring occasionally). For extra flavor, sprinkle spices on the seeds before baking.

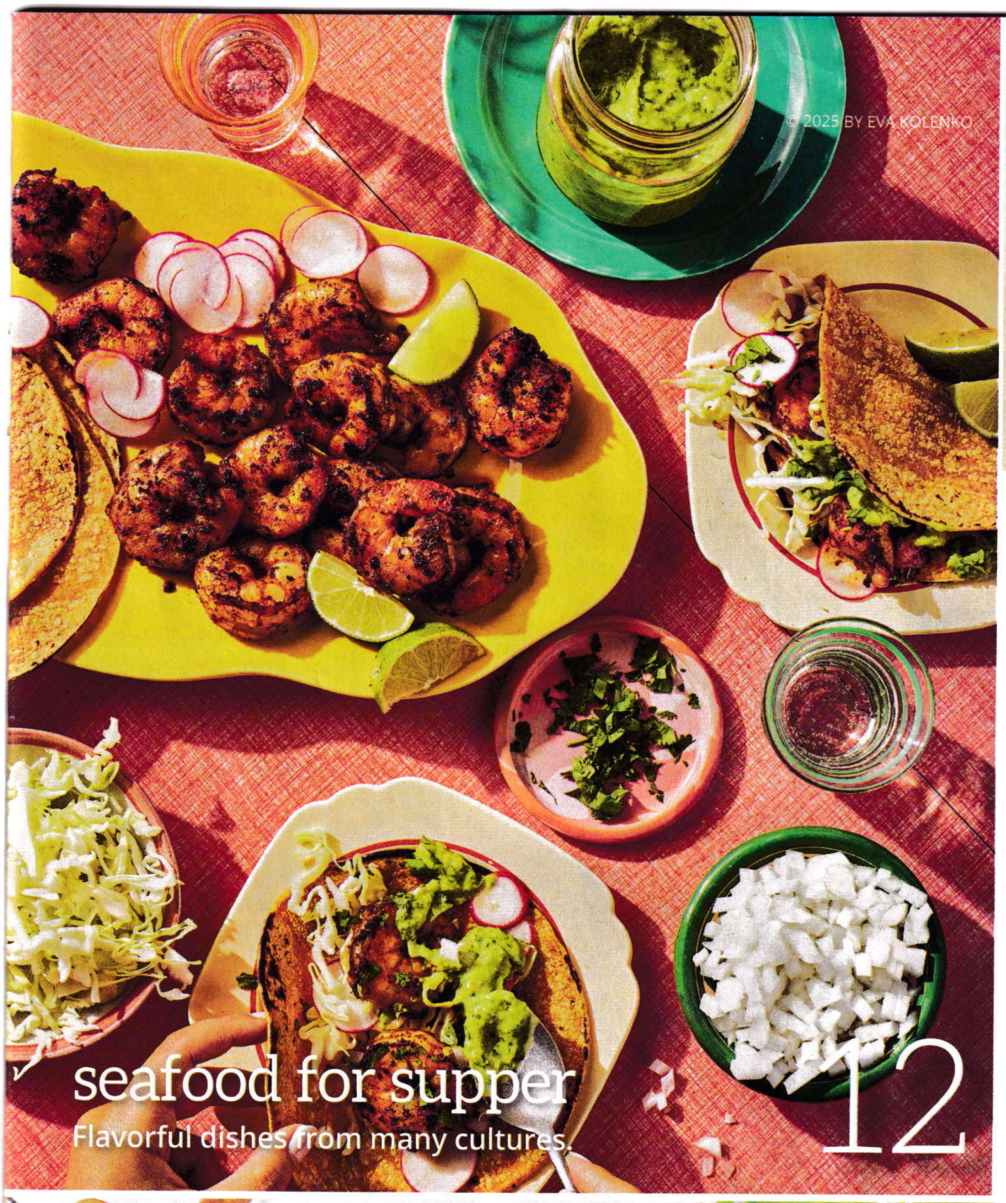
Pumpkins are a sign that fall is upon us. But pumpkins aren't just for decoration: They also have many important health benefits.

The rich, orange color of fresh pumpkin tells you that it's a great source of beta carotene, a powerful antioxidant that can help combat the signs of aging in your skin and ease inflammation. Pumpkin is also packed with vitamin A, with a one-cup serving offering 200 percent of the recommended daily intake of this important nutrient. Vitamin A supports eye health and may lower your risk of some cancers.

Pumpkin also contains many other key nutrients including vitamins C and E, iron, and folate, all of which help to support your immune system. Pumpkin's potassium also helps to keep blood pressure levels in check and reduces your risk of stroke and Type 2 diabetes. Low in calories and high in fiber, pumpkin can help you feel fuller, longer. Adequate fiber intake also helps to protect against heart disease.

Maximize pumpkin's many health benefits by eating pure, unprocessed pumpkin rather than loading up on sugary, pumpkin-flavored treats. Pumpkins can be roasted, steamed, or boiled and added to dips, soups, stews, and more. ●

SELECTED SOURCES **"4 fall foods for your family"** by Jessica Cording, Academy of Nutrition and Dietetics, www.EatRight.org, 10/19/20 • **"The health benefits of pumpkin,"** Cleveland Clinic Health Essentials, https://health.ClevelandClinic.org, 6/6/22 • **"Nutritional value, phytochemical potential, and therapeutic benefits of pumpkin (Curcurbita sp.)"** by M. Batool et al., *Plants (Basel)*, 5/24/22



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A NOTE ON RECIPES
Nutritional analysis from Edamam. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Extraordinary (50 percent or better), ★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

RECIPE KEY
D Dairy Free · G Gluten Free · N Nut Free · V Vegan · V Vegetarian

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35 min prep time
makes 24 bars

Peanut Butter Pretzel Magic Cookie Bars

From ***Farmhouse Weeknights: Quick and Wholesome Recipes For Dinner*** by Melissa Bahen ($35, Gibbs Smith Books, 2025)

- ¾ c graham cracker crumbs (from 7 sheets of graham crackers)
- ¾ c pretzel crumbs (about 3 ounces mini pretzels)
- ½ c (1 stick) butter, melted
- 1 Tbsp granulated sugar
- 1 (14 oz) can sweetened condensed milk
- 1 c sweetened flaked coconut
- 1 c chopped pecans
- 1 c chocolate chips
- 1 c peanut butter chips

1. Preheat oven to 350°. Spray a 9x13-inch baking pan with nonstick spray.

2. Combine graham cracker crumbs, pretzel crumbs, melted butter, and granulated sugar. Press mixture into bottom of pan. Pour sweetened condensed milk evenly over top, using a rubber spatula to spread it gently all the way to edges of pan. Sprinkle coconut and pecans evenly over top of sweetened condensed milk, followed by chocolate chips and peanut butter chips. Press everything down firmly with your hands or the back of a spatula.

3. Bake for 25 minutes, until golden brown on top.

4. Remove from oven and allow to cool before cutting and serving.

Kitchen Note: Magic cookie bars are an easy, weeknight dessert staple and they bake up pretty quickly. If you just want a graham cracker crust, use 1½ cups graham cracker crumbs and omit the pretzel crumbs and granulated sugar. Substitute your favorite kind of chips for all or some of the chocolate chips and peanut butter chips. Try white chocolate chips, butterscotch chips, and milk chocolate chips. They're all delicious. If you want the cookie bars to cut cleanly, you'll have to let them cool.

Per serving (1 bar): 279 Calories, 6 g Protein, 17 mg Cholesterol, 27 g Carbohydrates, 18 g Total sugars (6 g Added sugars), 2 g Fiber, 18 g Total fat (7 g sat), 131 mg Sodium, ★ Vitamin B2 (riboflavin), B3 (niacin), Phosphorus

more produce, **better sleep**

Eating more fruit and vegetables might help you sleep better. A new study found that five servings per day led to deeper, less interrupted sleep in healthy young adults.

The University of Chicago researchers provided numerous examples of a one-cup serving, including eight large strawberries, one large bell pepper, 22 grapes, a dozen baby carrots, or an apple, orange, grapefruit, pear, peach, or nectarine.

SELECTED SOURCES **"Higher daytime intake of fruits and vegetables predicts less disrupted nighttime sleep in younger adults"** by H. L. Boege, *Sleep Health*, 6/11/25 • **"Study: Eating more fruits and veggies could help you sleep better,"** University of Chicago Medical Center, 6/12/25

Did You Know?

Regularly eating grapes may help improve muscle strength in postmenopausal women. Positive results were seen in participants who consumed about 1½ cups per day.

SOURCE **"Daily consumption of grapes improves muscle strength markers in postmenopausal women,"** www.EurekAlert.org, 7/8/25

positively **pistachio**

Snacking on pistachios may improve the health of people with prediabetes. A new study found that the nuts can have a positive influence on the gut's microbiome. Participants ate about two ounces of pistachios each evening for 12 weeks. They saw increases in healthy gut bacteria.

According to the research team at Penn State, about one third of the people in the US are affected by prediabetes, and most of them will go on to develop Type 2 diabetes.

SELECTED SOURCES **"Nighttime pistachio consumption alters stool microbiota diversity and taxa abundance . . ."** by T.M. Riley et al., *Current Developments in Nutrition,* 7/1/25 • **"Nighttime pistachio snacking may reshape gut microbiome in prediabetic adults,"** Penn State, 7/14/25

walnuts may hinder cancer cells

New research highlights the benefits of walnuts for reducing systemic inflammation and the incidence of colon cancer. Participating adults were deemed to be at an elevated risk for the cancer. After three weeks of walnut consumption, tests showed elevated levels of a protein that is known to help inhibit colon cancer cells.

"Nutrients from walnuts can contribute to reduced cancer risk," said researcher Daniel W. Rosenberg, PhD. "There are many potential benefits one can get from eating walnuts, with so little downside risk, that just grabbing a handful every day is really something that you can easily do for your long-term health benefit."

SELECTED SOURCES **"Systemic inflammation and the inflammatory context of the colonic microenvironment are improved by urolithin A"** by M.R. Moussa et al., *Cancer Prevention Research,* 4/1/25 • **"Walnut consumption curbs inflammation and colon cancer risk,"** University of Connecticut, 4/22/25

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BY LISA FABIAN

seafood for supper

around-the-world favorites

Fish and shellfish are favorite protein choices for many countries. Versatile and healthy, these foods become canvases on which other tasty ingredients are featured. Explore how other cultures enjoy seafood through the following flavorful dishes.

Hoisin-Glazed Salmon

Recipe on page 15

50 min
prep time
serves 4

Cod with Dill Potatoes Ⓝ

From ***Scandinavia: Recipes & Ingredients*** by Gísli Egill Hrafnsson and Inga Elsa Bergþórsdóttir ($29.99, Mitchell Beazley, 2025)

- 2 lb 4 oz thick cod fillet
- 2½ oz butter, melted, plus extra for greasing
- 3½ oz fresh white breadcrumbs
- Finely grated zest of 2 lemons
- 3 Tbsp finely chopped parsley
- 3 garlic cloves, crushed
- 1½ tablespoons ground pink peppercorns
- Salt and pepper
- Lemon halves, to serve

For the Dill Potatoes

- 1 lb 10 oz small new potatoes
- 2 Tbsp finely chopped dill
- 1½ oz butter

For the Yogurt Dressing

- 3½ fl oz plain yogurt
- 3½ fl oz crème fraîche
- 2 Tbsp finely chopped chives
- Finely grated zest of ½ lemon

For Serving

- Salad leaves or watercress (optional)

1. Preheat oven to 400°. Cut fish into 4–6 equal pieces. Grease an ovenproof dish with butter, arrange fish in a single layer and season with salt and pepper. In a bowl, combine melted butter, breadcrumbs, finely grated lemon zest, parsley, and crushed garlic. Spread mixture evenly over fish pieces.

2. Cook potatoes in salted boiling water for 15 minutes. Drain and return potatoes to saucepan. Add dill and butter, and then mix to coat potatoes thoroughly. Season with salt. Cover saucepan and set aside for 10 minutes.

3. Meanwhile, cook fish in oven for 12–15 minutes, depending on thickness of pieces, until just cooked through. Prepare yogurt dressing by mixing all yogurt dressing ingredients together.

4. Sprinkle peppercorns over fish. Serve with dill potatoes, yogurt dressing, and lemon halves. Garnish with a few salad leaves or some watercress, if you like.

Per serving (served with ½ cup salad greens): 723 Calories, 55 g Protein, 189 mg Cholesterol, 54 g Carbohydrates, 6 g Total sugars (0 g Added sugars), 6 g Fiber, 32 g Total fat (18 g sat), 654 mg Sodium, ★★★★★ Vitamin B1 (thiamine), B3 (niacin), B6, B12, C, K, Folate, Phosphorus, ★★★★ Potassium, ★★★ Vitamin A, B2 (riboflavin), ★★ Calcium, Iron, Magnesium, Zinc, ★ Vitamin D, E

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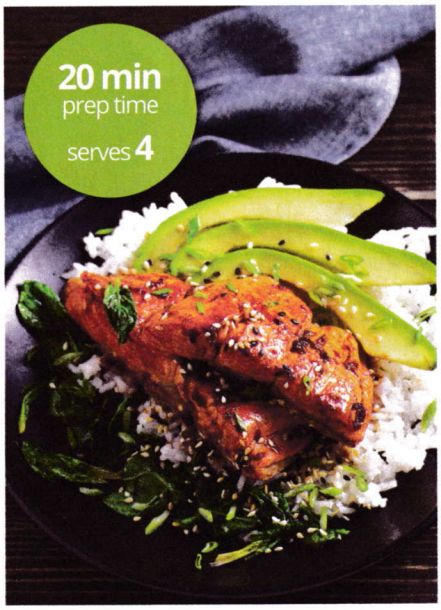

Hoisin-Glazed Salmon D N

From the ***Test for Life*** test kitchen

- 3 Tbsp hoisin sauce
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp rice vinegar
- 2 tsp honey
- 1 Tbsp minced ginger
- 2 garlic cloves, minced
- 2 lb salmon

For Serving

Cooked rice, sautéed spinach, sliced avocado, and toasted sesame seeds

1. Adjust an oven rack approximately 6 inches from the oven's broiler. Preheat broiler.

2. Whisk together hoisin sauce, soy sauce, vinegar, honey, ginger, and garlic. Brush salmon with mixture.

3. Transfer salmon to an oiled baking sheet. Broil for 5 to 10 minutes, depending on salmon's thickness. Salmon is done when opaque and flaky.

4. Serve with rice and sautéed spinach. Garnish with sliced avocado and toasted sesame seeds, if desired.

Per serving (served with ½ cup cooked white rice, ¼ avocado, 1 tablespoon sesame seeds, and ½ cup sautéed spinach): 731 Calories, 51 g Protein, 125 mg Cholesterol, 41g Carbohydrates, 7 g Total sugars (3 g Added sugars), 5 g Fiber, 40 g Total fat (8 g sat), 468 mg Sodium, ★★★★★ Vitamin B1 (thiamine), B3 (niacin), B6, B12, D, E, K, Folate, Phosphorus, ★★★ Vitamin B2 (riboflavin), ★★ Vitamin A, Magnesium, Potassium, ★ Vitamin C, Iron, Zinc

Ancho Chile Shrimp Tacos with Creamy Avocado Ginger Salsa D G N

From ***Something Delicious: 100 Recipes for Everyday Cooking*** by Lindsey Baruch of Lindsey Eats ($35, Ten Speed Press, 2025)

30 min
prep time
serves 4

Ancho Chile Shrimp

- 1 lb medium shrimp, peeled and deveined, tails removed
- 2 Tbsp neutral oil
- 1 Tbsp ancho chile powder
- ½ tsp dried oregano, preferably Mexican oregano
- ½ tsp garlic powder
- ¼ tsp dark brown sugar
- Kosher salt and freshly ground black pepper

Creamy Avocado Ginger Salsa

- 1 large avocado, halved and pitted
- 1 serrano chile, roughly chopped (seeded if you prefer less spicy)
- 1 -inch piece fresh ginger, roughly chopped
- 2 large garlic cloves, smashed and peeled
- ½ c packed fresh cilantro, plus more for serving
- ¼ c water, or more as needed
- 2 Tbsp fresh lime juice (about 1 large lime)
- Kosher salt and freshly ground black pepper

For Serving

8-10 street corn tortillas

Shredded cabbage

Chopped cilantro

Finely chopped white onion

Lime wedges, for squeezing

Sliced radishes

1. Bring out a stand blender or food processor.

2. Peel and devein shrimp: you can purchase peeled and deveined shrimp but if you don't, here's how to do it. Remove shell by starting at head. Peel toward tail. Discard shells (or save for stock). Using a paring knife, make a shallow cut along back of shrimp; you should see a thin, black vein. Use your knife to pull it out and discard. Remove shrimp tails (if applicable) by gently using your thumb and index finger to twist and pinch off tail. Discard. Pat dry with paper towels.

3. Marinate shrimp: in a medium bowl, combine oil, chile powder, oregano, garlic powder, brown sugar, and salt and black pepper to taste. Add shrimp and toss until combined. Set aside for a few minutes while you make salsa.

4. Make Creamy Avocado Ginger Salsa: scoop avocado into a blender or food processor and add serrano chile, ginger, garlic, cilantro, water, lime juice, and salt and pepper. Blend until completely smooth, with a thick salsa-chutney consistency. Adjust with more water and salt, to taste, if needed. Set aside in the fridge until ready to use.

5. Cook shrimp: heat a large skillet (cast iron is a good choice) over medium-high heat until smoking hot. Pour in shrimp and spread in an even layer. Cook until charred underneath, about 2 minutes. Using a spatula, stir until opaque on all sides, 1 to 2 minutes.

6. To assemble: char tortillas on stovetop over direct flame (or on a dry cast-iron skillet over medium-high heat). Top each tortilla with shrimp, avocado salsa, shredded cabbage, cilantro, and chopped onion. Serve with lime wedges for squeezing and sliced radish on the side.

Kitchen Note: Inspired by the classic street taco, the shrimp in these tacos is seared and finished on corn tortillas. Finely minced cilantro and onions (street taco topping staples) and spicy avocado salsa are also added. This salsa packs the heat but is balanced out by the crunch of the onions.

Per serving (2 tacos): 375 Calories, 28 g Protein, 183 mg Cholesterol, 34 g Carbohydrates, 3 g Total sugars (0 g Added sugars), 9 g Fiber, 17 g Total fat (2 g sat), 673 mg Sodium, ★★★★★ Phosphorus, ★★★ Vitamin B6, C, K, ★★ Magnesium, Zinc, ★ Vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), E, Calcium, Folate, Iron, Potassium

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 BY LISA FABIAN

autumn simmer pot

bring the scents of fall into your home

Autumn brings with it falling leaves, cooler days, and the innate desire to feel cozy against the encroaching chill of winter. What better way to chase away the cold than with the soothing aromas of plants, spices, and herbs? Adding fresh and dried aromatics to a do-it-yourself simmer pot, also known as stovetop potpourri, offers a natural way to scent your home.

What is a simmer pot?

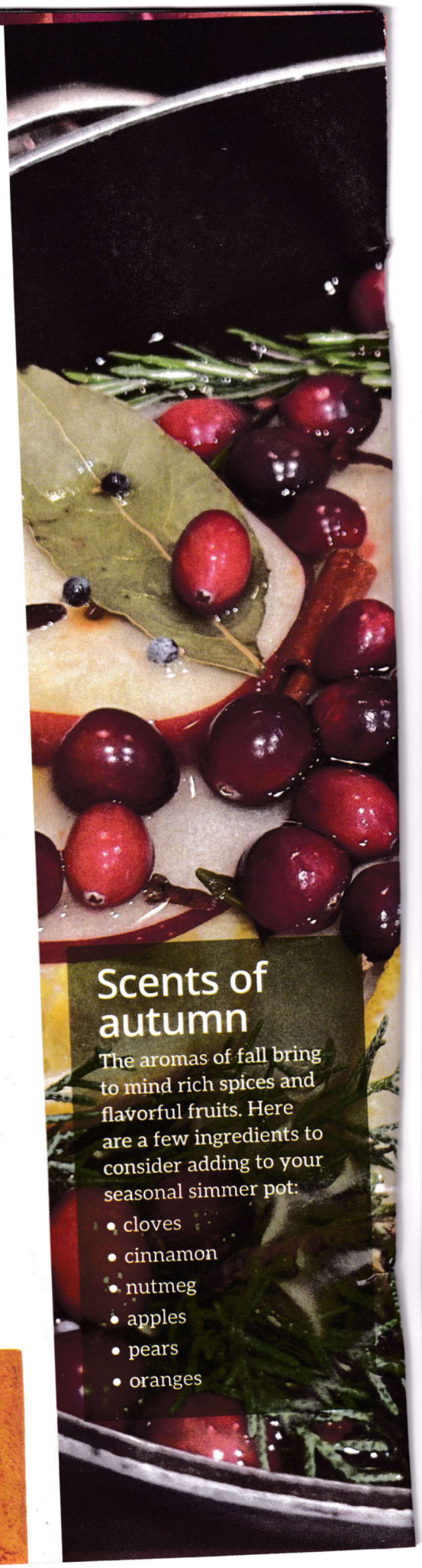
Simmer pots freshen the air naturally. Combinations of natural ingredients are simmered in a pot of water set over the stove. The heat and steam from the warmed mixture causes the ingredients' natural essential oils to be released into the air. The result: A comforting and relaxing aroma fills the room.

Simmer pot tips

Here are some helpful hints for getting started with simmer pots.

- The longer a simmer pot simmers, the better the results. Let a pot simmer for at least three hours to effectively infuse the air. Remove the pot from the heat overnight to prevent a fire hazard while you're sleeping.
- Smaller saucepans tend to release aromas more effectively. But you'll need to stay close to the stove, as the water level will evaporate more quickly.
- Substitute your favorite juice for the water (try cranberry, grape, apple, or pear).
- Save apple, pear, and citrus fruit peels, as well as the remnants at the bottom of a spice jar and put them to good use in a simmer pot. Consider freezing the peels until you're ready to use them.
- Simmer pot ingredients can be reused a second time, provided you refrigerate them between simmer sessions. The smell may not be as strong, but it will still be lovely.

If you don't have a particular herb or spice in your kitchen, or you don't want to use up your expensive spices, try substituting or adding in various tea bags (chai, black, or herbal blends). Keep in mind that a couple of bags are needed per simmer blend to release the tea's aromas.



Scents of autumn

The aromas of fall bring to mind rich spices and flavorful fruits. Here are a few ingredients to consider adding to your seasonal simmer pot:

- cloves
- cinnamon
- nutmeg
- apples
- pears
- oranges

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BY *TASTE FOR LIFE* STAFF

your anti-cancer plan

ways to lower your risk of breast cancer

October is Breast Cancer Awareness Month. While there are certain risk factors for developing breast cancer that cannot be controlled, such as gender, genetics, and family history, research indicates that eating certain foods and avoiding common pesticides and chemicals can offer some protection against the disease.

Focus on food

Fruits and veggies are key. Several epidemiological studies suggest an inverse correlation between intake of fruits and vegetables and the incidence of breast cancer. Especially promising are **soy, citrus fruits, apples, mangoes, and cruciferous veggies** (broccoli, Brussels sprouts, cabbage, cauliflower, kale).

Spices such as **ginger, garlic, turmeric,** and **black cumin** can protect against breast cancer.

Black and red grapes as well as **pomegranates** are also great choices; they are rich in anti-inflammatory anthocyanins, which can help slow cancer growth.

Maitake mushrooms, also called hen of the woods, contain anticancer properties. This earthy-tasting fungi can be used in stir fries, pastas, soups, and salads.

Stock up on **salmon, mackerel, sardines, anchovies,** and **tuna** which contain docosahexaenoic acid (DHA), an omega-3 fatty acid that can protect against both the development and progression of breast cancer.

Make omega-rich **flaxseed** a go-to. Researchers from the Department of Internal Medicine at the University of Kansas Medical Center found that flaxseed consumption can help halt the progression of breast cancer cells. Add a tablespoon of ground flaxseed to breakfast cereal (hot or cold) or yogurt. Mix a teaspoonful in mustard when you're making a sandwich or include some in a muffin recipe.

Olive oil contains polyphenols, compounds that can help destroy cancer cells.

One study determined that epigallocatechin gallate (EGCG), a polyphenol found in **green tea**, "can prevent and inhibit breast tumorigenesis . . . and is cytotoxic toward breast cancer cells." In other words, EGCG stops breast cancer cells from forming in the first place and, if it does come across some, it's going to work to kill them. Consider sipping two or three cups of green tea daily.

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 BY EVA MILOTTE

pasta!

noodles done three ways

A plate (or bowl!) of pasta hits the spot when you're hungry and looking for something comforting and filling. These noodle dishes satisfy whether you want to enjoy a salad, a soup, or an entrée.

Slow-roasted Tomato, Mozzarella and Basil Oil Pasta Salad N V

From ***The Monday Pasta Club*** by Ed Barrow ($26.99, Kyle Books, 2024)

- 10 oz mixed tomatoes (different sizes and colors work well in this dish), halved widthways
- Salt and pepper
- 5 garlic cloves, skin left on
- Olive oil, for roasting
- 1 Tbsp dried basil
- 1 Tbsp dried thyme
- 2 Tbsp balsamic vinegar
- 5½ oz gnocchi sardi or pasta of your choice
- 1 Tbsp red wine vinegar
- 1 small banana shallot, very finely chopped
- 3½ oz Kalamata olives, pitted and halved
- 4½ oz ball of buffalo mozzarella, torn into bite-size chunks

For the Basil Oil

- 2 large handfuls of fresh basil, plus extra leaves to garnish
- 4 Tbsp extra-virgin olive oil

1. Preheat oven to 325°.

2. Place tomatoes on a large baking sheet lined with (baking) parchment paper. Season generously with salt and pepper. Drizzle over a good glug of oil. Add dried herbs and balsamic vinegar. Mix tomatoes to ensure they are evenly coated in seasonings and oil. Arrange evenly, cut side up, on baking sheet. Place in oven for 45 minutes. After this time, add garlic cloves to baking sheet. Roast for a further 45 minutes, until tomatoes are well roasted and a lot of moisture has evaporated.

3. After tomatoes have cooked for an hour, make basil oil. First blanch fresh basil. Bring a pan of water to boil and have a bowl of ice-cold water ready. Add basil to boiling water and cook for 20 seconds. Remove from pan and immediately plunge into ice-cold water. Mix in cold water for 1 minute, before squeezing out any excess liquid. Transfer to a food processor or blender and add oil. Blend for 2 minutes until fully incorporated. Pour through a fine sieve (strainer) to remove any large bits of basil that may not have blended and then set aside.

4. Put a large pan of well-salted water on to boil for pasta. Cook gnocchi until al dente, using timing on packet instructions as your guide. Drain and cool under cold running water.

5. Transfer cooled pasta to a large salad bowl. Add half of the basil oil, the red wine vinegar, shallot, and olives. Season with a little salt and generously with pepper and then mix well.

6. Remove tomatoes from oven and let cool slightly for about 5 minutes. Add tomatoes to bowl with pasta and squeeze out cooked garlic flesh from skins. Toss gently together until everything is incorporated. Top with mozzarella, drizzle with remaining basil oil, and garnish with extra basil leaves.

Kitchen Note: This pasta salad packs a punch. If you make this during the summer, when tomatoes are at their ripest, it really takes the dish to another level. Here, the tomatoes are slowly roasted to intensify their flavor and sweetness and served with the classic flavor pairing of buffalo mozzarella and basil.

Per serving: 372 Calories, 11 g Protein, 33 mg Cholesterol, 23 g Carbohydrates, 5 g Total sugars (0 g Added sugars), 3 g Fiber, 28 g Total fat (7 g sat), 528 mg Sodium, ★★★★★ Vitamin K, ★★★ Vitamin B12, ★★ Vitamin B6, C, E, Calcium, Phosphorus, ★ Vitamin A, B1 (thiamine), B2 (riboflavin), Folate, Iron, Zinc

Pasta e Fagioli D N V

From ***Vegana Italiana*** by Tara Punzone with Gene Stone ($32.50, Rodale Books, 2025)

- ½ lb borlotti beans or cannellini beans
- ¼ c extra-virgin olive oil
- 1 c diced yellow onion
- 1 c diced celery
- 1 c diced carrots
- 2 Tbsp minced garlic
- 1 tsp chopped fresh rosemary leaves
- 1 tsp fresh thyme leaves
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp black pepper
- Pinch of red chili flakes (optional)
- 1 c mashed D.O.P. San Marzano whole peeled tomatoes
- 5 c filtered water
- 1 Tbsp sea salt, plus more as needed
- 1 lb ditalini pasta (or other small pasta shape of your choice)
- ¼ c chopped fresh parsley for garnish
- Squeeze of lemon juice for serving (optional)

1. In a large bowl, soak beans overnight in water, covered. Drain.

2. In a stockpot, heat oil over medium heat. Sauté onion, celery, carrots, garlic, rosemary, thyme, oregano, paprika, pepper, and chili flakes, if using, for 10 to 12 minutes, until onion is translucent.

3. Add tomatoes, water, salt, and drained beans to stockpot. Cover and simmer for 1 hour, or until beans are fully cooked. Stir every 10 to 15 minutes as beans cook.

4. Add pasta to stockpot, and cook until al dente according to directions on package. Add salt if necessary.

5. Garnish with chopped parsley. Squeeze on some lemon juice. Serve immediately.

Kitchen Note: The pasta will thicken the broth a lot. This is intentional. This soup is honestly more like a stew. Leftover soup will last in the fridge for 4 to 5 days.

Per serving (made with cannellini beans): 523 Calories, 20 g Protein, 0 mg Cholesterol, 88 g Carbohydrates, 6 g Total sugars (0 g Added sugars), 11 g Fiber, 11 g Total fat (2 g sat), 538 mg Sodium, ★★★★★ Vitamin K, ★★★★ Folate, Phosphorus, ★★★ Iron, Magnesium, ★★ Vitamin A, B1 (thiamine), B6, C, Potassium, Zinc, ★ Vitamin B2 (riboflavin), B3 (niacin), E, Calcium

Spaghetti Aglio, Olio E Peperoncino D N V

From ***Vegana Italiana*** by Tara Punzone with Gene Stone ($32.50, Rodale Books, 2025)

- ¾ c extra-virgin olive oil, divided
- 4 garlic cloves, sliced razor thin or minced
- 2 fresh Calabrian chili peppers (or cayenne peppers), sliced into ⅛-inch-thick rounds
- ½ c chopped fresh parsley, plus more for topping
- 1 tsp sea salt, plus 2 Tbsp for pasta water

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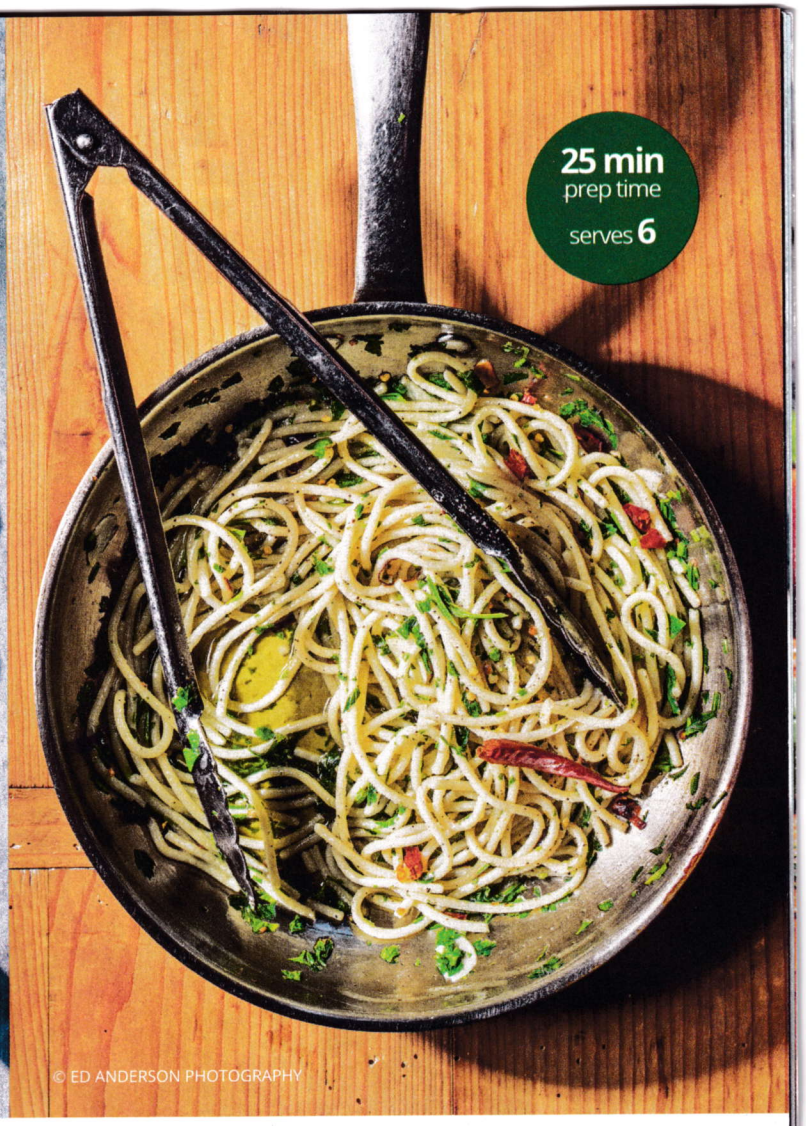

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90 min
prep time + overnight soak time for beans
serves 6

1 lb spaghetti
Pangrattato for topping (recipe follows)
Salt for topping

1. In a large pot, bring 4 to 6 quarts of water to a rolling boil.

2. Meanwhile, in a deep sauté pan, heat ½ cup of the oil over medium to low heat. Sauté garlic, chili peppers, parsley, and 1 teaspoon of the salt. Add 1 tablespoon of the remaining oil every minute or two until you've added it all. Cook slowly until garlic starts to sizzle, but do not let garlic burn.

3. Lower heat all the way down, so it stops cooking before you add pasta.

4. Add remaining 2 tablespoons of the salt to boiling water. Add spaghetti and cook until it's barely al dente, a little more than half the recommended cooking time.

5. Remove spaghetti from boiling water, and add spaghetti to sauté pan along with 2 cups of pasta cooking water.

6. Turn up heat to medium, and toss spaghetti around until all water is absorbed and pasta is cooked al dente. Add more pasta water if needed.

7. Serve topped with more parsley and Pangrattato. Add a sprinkle of salt.

Kitchen Note: This dish is brilliant in both its taste and simplicity. Use the best extra-virgin olive oil you can find. Each strand of spaghetti should be glistening with olive oil.

Per serving: 680 Calories, 13 g Protein, 0 mg Cholesterol, 71 g Carbohydrates, 4 g Total sugars (0 g Added sugars), 4 g Fiber, 38 g Total fat (5 g sat), 347 mg Sodium, ★★★★★ Vitamin K, ★★★ Vitamin E, ★★ Phosphorus, ★ Vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), B6, C, Calcium, Folate, Iron, Zinc

Pangrattato (Italian Toasted Bread Crumbs) DNV

From ***Vegana Italiana*** by Tara Punzone with Gene Stone ($32.50, Rodale Books, 2025)

4 c cubed stale ciabatta, sourdough, or gluten-free bread
¼ c extra-virgin olive oil
2 large garlic cloves
1 Tbsp finely chopped fresh parsley
1 tsp black pepper
Pinch sea salt

1. Place bread in a high-speed blender or food processor, and pulse until you have crumbs.

2. Add oil and garlic to a sauté pan. Cook over very low heat to infuse garlic into oil, about 5 minutes.

3. Add bread crumbs, parsley, pepper, and salt to pan.

4. Stir constantly until bread crumbs are golden brown and crispy. Watch carefully so you do not burn bread crumbs. This can happen very quickly!

5. Remove garlic. Let bread crumbs cool before using.

6. Alternatively, you can toast bread crumb mixture in a 350˚ oven for 10 to 12 minutes on a baking sheet, or until golden brown. These can be made ahead of time and stored in an airtight container for up to a week.

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 BY EVA MILOTTE

air fryers

add flavor and crunch

A convenient way to make a nutritious meal, the air fryer is a popular kitchen device. The appeal lies in their ability to cook food consistently and quickly.

The air fryer is actually a convection oven with a hot coil at the top and a fan pushing consistent heat inside the appliance. This countertop device browns and crisps food beautifully. It also uniformly air roasts without drying items out (think chicken breasts, salmon fillets, pork chops).

The air fryer cooks food using less oil, so it makes healthier dishes that still have a tasty crunch and colorful browning.

From perfectly cooked eggs and creamy porridge to crispy chicken wings and sweet apple crisp, the air fryer can be used any time of day.

Here are some tips on how to get the most out of your fryer.

✔ For a flavorful char when air-frying chicken and vegetables, place pieces of meat and veggies on 6-inch wooden skewers. This increases air exposure and adds even more flavor, since the items are evenly spaced.

✔ If you add a little water to the base of the air fryer drawer, it contributes moisture and helps the vegetables steam roast.

✔ Cook proteins on top of vegetables. The meat's juices will drip down and infuse the other ingredients with flavor.

✔ A small amount of fat (like vegetable oil) can improve browning and crisping. Brush meat or fish with the oil beforehand. You can also use fruit preserves, honey, or hoisin sauce to help with browning and to add a touch of sweetness.

✔ To prevent scratches in a nonstick-coated air fryer, use a nonstick spatula for removing food.

✔ The air fryer conveniently toasts nuts and seeds. Arrange them in a 6-inch nonstick cake pan. Place the pan in the air-fryer basket. Place the basket in the fryer. Set to 350°. Cook, shaking the basket frequently, for 1 to 3 minutes, until nuts or seeds are fragrant and toasted. Remove the pan from the air fryer immediately.

SOURCE ***Healthy Air Fryer*** by America's Test Kitchen ($24.99, America's Test Kitchen, 2022)

Roasted Chicken Sausages with Butternut Squash and Radicchio DG

45 min prep time
serves **2**

From ***Healthy Air Fryer*** by America's Test Kitchen ($24.99, America's Test Kitchen, 2022)

- 1½ lb butternut squash, peeled, seeded, and cut into 1-inch pieces (4 c)
- 4 tsp extra-virgin olive oil, divided, plus extra for drizzling
- ½ tsp minced fresh thyme or ⅛ tsp dried
- ⅛ tsp table salt
- Pinch cayenne pepper (optional)
- 6 oz raw chicken sausage (2 sausages)
- 2 tsp honey, warmed, divided
- 2 tsp apple cider vinegar
- 1 tsp Dijon mustard
- ¼ tsp pepper
- ½ small head radicchio (3 oz), cored and sliced ½-inch thick
- 2 Tbsp chopped toasted walnuts
- 2 Tbsp chopped fresh basil or parsley

1. Toss squash with 2 teaspoons of the oil, the thyme, salt, and cayenne, if using. Transfer to an air-fryer basket and spread into an even layer. Place basket into air fryer. Set temperature to 400˚. Cook until beginning to brown, 10 to 15 minutes, stirring halfway through cooking.

2. Brush sausages with 1 teaspoon of the honey. Stir squash and then arrange sausages on top, spaced evenly apart. Return basket to air fryer and cook until squash is tender and sausages are lightly browned and register 165˚, 8 to 13 minutes, flipping and rotating sausages halfway through cooking.

3. Transfer sausages to plate and let rest while finishing squash. Whisk vinegar, mustard, pepper, remaining 2 teaspoons oil, and the remaining teaspoon honey together in a large bowl. Add squash, radicchio, walnuts, and basil and toss to coat. Season with salt and pepper to taste. Serve sausages with vegetables.

Kitchen Note: For a quick and easy dinner, sausages can't be beat. Pairing them with hearty, sweet butternut squash gives a satisfying meal. The squash gets a 10-minute head start in the air fryer, so it's fully tender by the time the sausages are cooked through. A swipe of honey helps speed up the browning of the sausage. Bitter radicchio adds bulk and balances out the sweet roasted squash. An apple cider vinegar and honey dressing ties everything together, and toasted walnuts adds crunch. Chicken sausage is available in a variety of flavors; feel free to use any flavor that you think will work well in this dish. Turkey sausage can be substituted for the chicken sausage. This recipe can be easily doubled.

Per serving (made with basil): 503 Calories, 18 g Protein, 82 mg Cholesterol, 51 g Carbohydrates, 16 g Total sugars (6 g Added sugars), 8 g Fiber, 28 g Total fat (5 g sat), 1,070 mg Sodium, ★★★★★ Vitamin A, B3 (niacin), B6, C, K, ★★★★ Vitamin E, Phosphorus, ★★★ Vitamin B1 (thiamine), Folate, Magnesium, Potassium, ★★ Vitamin B2 (riboflavin), Calcium, Iron, ★ Vitamin B12, Zinc

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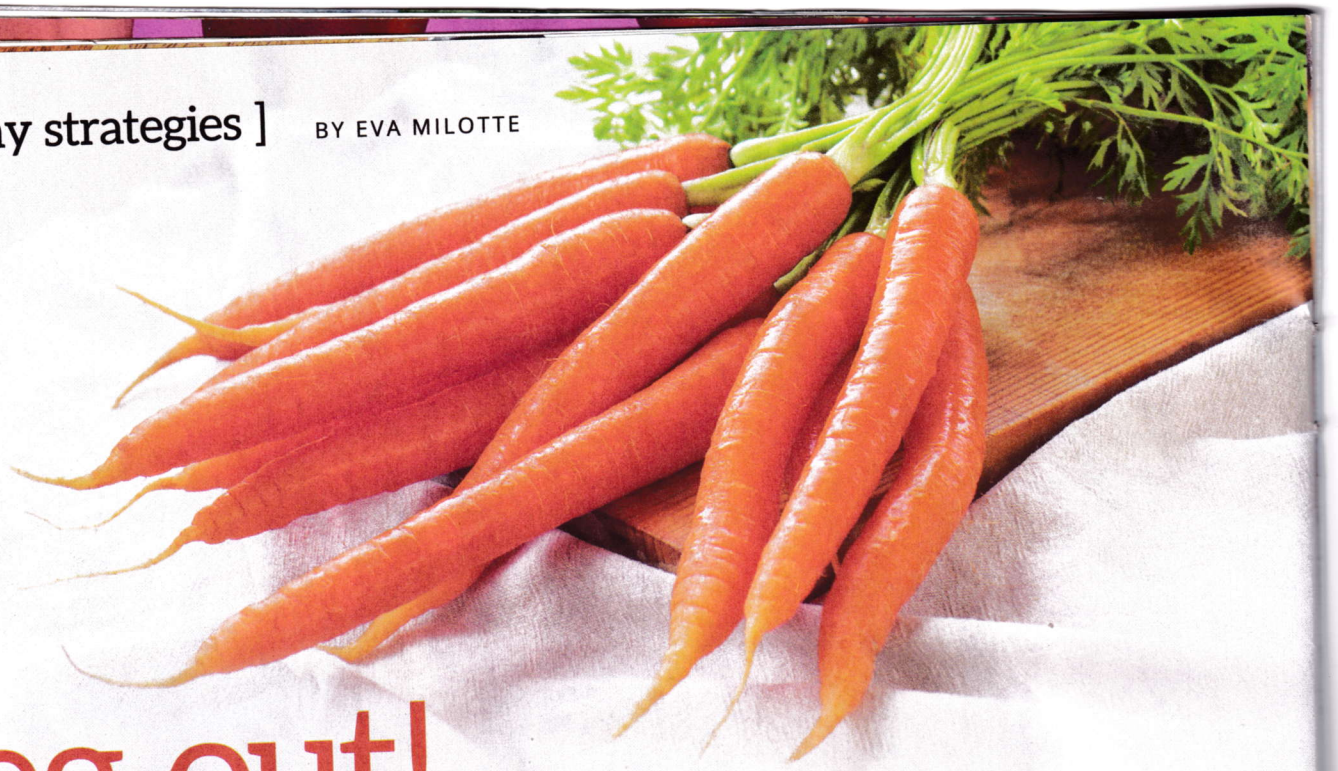
 BY EVA MILOTTE



veg out!

a plant-based diet offers a host of health benefits

Wellness and lifestyle trends come and go. What's popular now may be forgotten as soon as the next big thing comes along. This is not the case with the vegetarian diet, in which people avoid all meat, seafood, and poultry. According to a recent Gallup poll, about four percent of Americans identify as vegetarian, and that number has remained relatively steady for the past two decades.

Some people are vegetarians for health or religious reasons. Others are concerned about animal welfare and the environment. With a wide array of produce available, more restaurants offering vegetarian options, and influences from cultures that eat mostly plant-based diets, it's a great time to be a vegetarian.

A healthy way to eat

According to the American Dietetic Association, "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases." Vegetarians are more likely to have lower body mass index (BMI), blood pressure, and total and LDL (bad) cholesterol levels.

Compared with those who eat meat, vegetarians consume less saturated fat and more dietary fiber, vitamins, and minerals. Studies found that vegetarians' risk of developing diabetes was half that of nonvegetarians, even after taking BMI into account.

The key to being a healthy vegetarian is making sure a wide variety of vegetables, fruits, legumes, and whole grains are part of the diet. Good fats (nuts, olive oil) are also essential.

Vegetarians need enough complete protein in their diets in order to get all the essential amino acids. It was once believed that vegetarians could develop protein deficiencies if all the amino acids were missing from every meal. In fact, the human body stores amino acids and withdraws them as needed over the course of approximately a day. By eating different combinations of nuts, seeds, grains, legumes, fruits, and vegetables several times during the day, a vegetarian receives all essential amino acids.

Vegetarians can obtain protein from foods like soy and quinoa, both of which have complete protein (all eight essential amino acids are present). Eggs, dairy, and legumes are other good protein sources.

Nutrients that may be lacking in a vegetarian diet include vitamins B12, D, and K. Fortified foods or supplements can help fill any gaps.

SELECTED SOURCES **"Becoming a vegetarian,"** Harvard Health Publishing, www.health.Harvard.edu, 7/22/24 • **"In U.S., 4% identify as vegetarian, 1% as vegan"** by J.M. Jones, https://news.Gallup.com, 8/24/23 • **"Vegetarian diet: How to get the best nutrition,"** www.MayoClinic.org, 3/1/23

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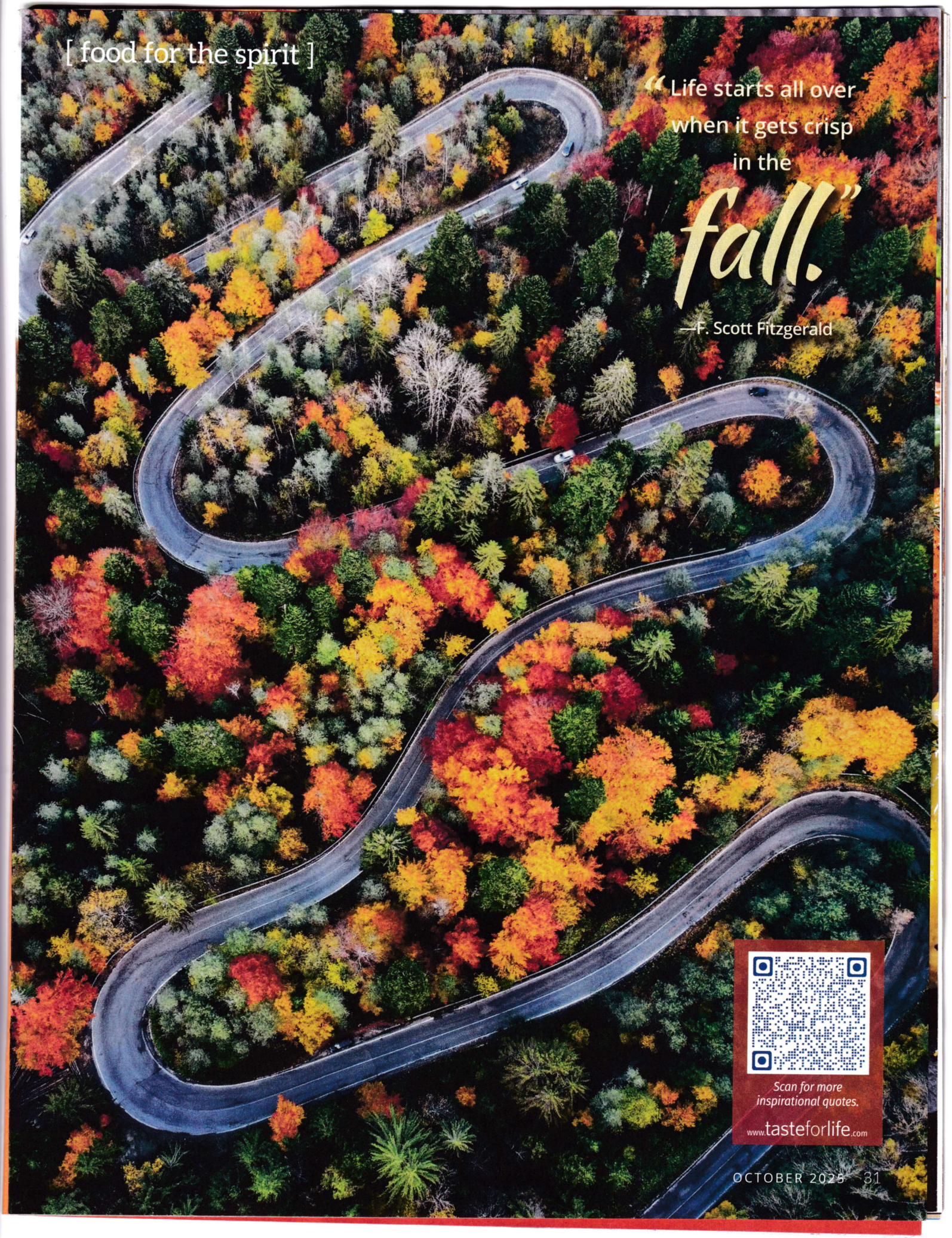
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